

YOUR LIFE *well lived*

MARCH 2022

WELLBEING RESOURCES FOR HARVARD UNIVERSITY FACULTY AND STAFF

ACKNOWLEDGING THE IMPACT OF COVID AS WE MARK TWO YEARS

It's been two years since COVID-19 upended our daily routines—forcing us to rethink our work, social activities, and life at home. This global phenomenon has affected each of us in different ways, whether we are mourning the loss of loved ones, missing milestone celebrations and family gatherings, experiencing social isolation, or just eager and ready to move on.

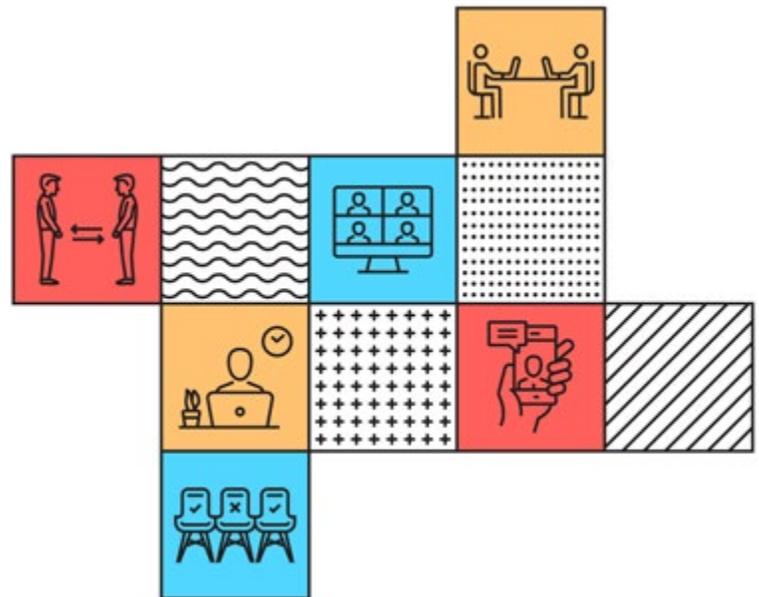
As friends and coworkers, we can learn how to [acknowledge difficult emotions in the workplace](#) and support grieving people. For those looking to build resilience and personal growth in this moment, try to do the following:

- “Point ourselves toward happiness” with advice from Harvard professor of management and leadership Arthur Brooks’ popular [column on how to build a life](#).
- Explore personal and professional [resilience, recovery, and renewal](#).
- Take care of ourselves with programs and resources from the [Center for Wellness and Health Promotion](#).

To help you manage feelings of loss, Harvard offers the following resources:

- Revisit the [community gathering](#) for grieving, hope, and ongoing reflections, marking the pandemic loss led by the Office for Equity, Diversity, Inclusion & Belonging.
- Take steps to understand and [get through prolonged grief](#), written for men, and helpful to everyone.
- Attend a KGA course on [coping with feelings of loss around COVID-19](#).
- Register for [Work/Life mindfulness and wellbeing seminars](#) (HarvardKey required) on anxiety, burnout, or grief.
- Contact our Employee Assistance Plan (EAP) for confidential (and free) [counseling or grief support](#).

What does the future hold? Stay apprised of the latest efforts to manage and confront the pandemic by [signing up for the free Harvard Chan School of Public Health newsletter](#).





DON'T FORGET THESE BENEFIT FILING DEADLINES

Deadlines for submitting claims to be reimbursed for qualifying 2021 expenses are coming up. Don't miss out!

March 15: The last day you can spend any remaining money in your 2021 [Flexible Spending Account](#) (FSA). Unspent funds do not carry over and will be forfeited, so order extra contact lenses, stock up on first aid supplies, and purchase other [FSA-eligible products](#) now!

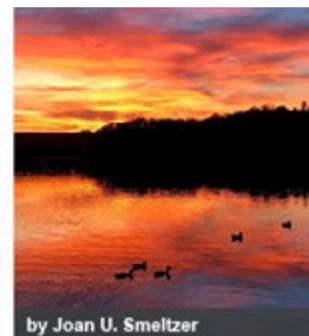
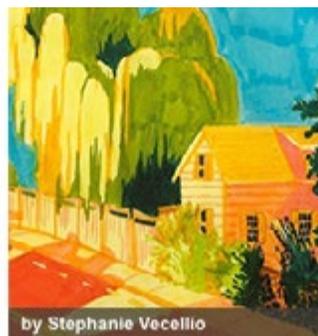
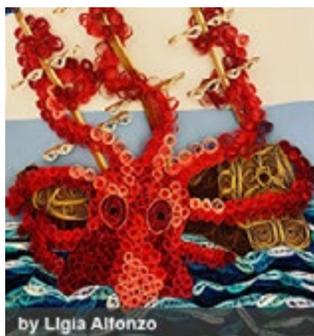
March 31: The last day you can submit claims for several types of 2021 reimbursements.

- **Copayment reimbursement:** If you're enrolled in a Harvard-sponsored medical plan, you can submit your 2021 claims and receipts through the [Copayment Reimbursement Program](#) (union members) or the [Reimbursement Program](#) (faculty and nonunion staff not in the HDHP) to [Benefit Strategies](#).
- **Fitness or weight-loss reimbursement:** You can be reimbursed up to \$150 for a qualifying gym, fitness class, or weight-loss program by submitting your claim through your [Harvard health plan](#).
- **FSA reimbursement:** Get reimbursed for out-of-pocket FSA expenses by submitting receipts to [Benefit Strategies](#). And remember, if Benefit Strategies requested receipts for 2021 expenses paid for with your FSA debit card, you must submit them by March 31 to ensure the expense is covered.

MIND AND BODY

“Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.” —Thich Nhat Hanh*

- Marvel at art from fellow Harvard staff displayed in Cambridge and Longwood, or visit virtually on the [Harvard Staff Art Show 2022 website](#).
- Delta Dental members can now make urgent virtual dental appointments [through TeleDentistry.com](#). This service is available for emergencies at any time, including after hours and while you're traveling.



LEARNING AND GROWTH

“We have to continue to learn. We have to be open. And we have to be ready to release our knowledge in order to come to a higher understanding of reality.” —Thich Nhat Hanh*

- What influence do you have on your team, or with your manager? More than you think! Find out how to expand your sphere of influence at the [Influencing Without Authority](#) webinar (HarvardKey required).
- Practice calming your mind with 30-minute weekly Sudarshan Kriya (SKY) meditation sessions at noon on Tuesdays. [Register](#) (HarvardKey required) for individual dates or make it a regular habit.
- Learn about [big data for social good](#), [digital humanities](#), [backyard meteorology](#), [solutions for back pain](#), and many more subjects when you take a [professional and lifelong learning class](#), many of which are free.

LIVING AND WORKING

“We will be more successful in all our endeavors if we can let go of the habit of running all the time and take little pauses to relax and re-center ourselves.” —Thich Nhat Hanh*

- Knowing that [hybrid or remote work is likely to become the norm](#), review Harvard’s [flexwork policies](#) and [support for employees who work outside Massachusetts](#), and review the latest research on [workplace changes that support employee wellbeing](#).
- Learn how integrating [Mindfulness and Emotional Intelligence](#) (HarvardKey required) into your everyday life can help you stay present and improve your relationships.
- If you’ve got a prospective college student, consider attending HUECU’s college finance webinars; the next virtual workshop focuses on [Comparing Award Letters](#).

FINANCES AND SECURITY

“If our love is only a will to possess, it is not love.” —Thich Nhat Hanh*

- While Harvard cannot provide tax advice, you can access free financial and legal guidance [from our EAP](#), find helpful [tax information on HUECU’s blog](#), and schedule [one-on-one meetings with a TIAA advisor](#) to discuss your long-term financial situation and related tax implications.
- Looking for a missing 2021 W-2? Find information on accessing your [W-2 online](#).
- Don’t forget that we have many resources to help you deal with any issues that come up at work. To find the office that can best address your situation, consult our [directory of university problem-solvers](#).

* Thich Nhat Hanh (1926-2022) was a Buddhist monk known as the “father of mindfulness.” Nominated by Martin Luther King Jr. for the Nobel Peace Prize, Hanh was a major influence on Western Buddhism and laid the foundation for the clinical practice of mindfulness-based cognitive therapy.

To explore additional Harvard employee events, view the [full calendar](#) on HARVie.